



“It is better to see something once than to hear about it a thousand times”

Greetings Campers!

Are you joining us for the first time? Or excited to return?! We are so excited to welcome you all to CAMP ENERGY!

Our theme this year is **Lights, Camera, ENERGY**, and you are the **STAR!**

Join us on the walk of fame – where we will celebrate each person for who they are. We can’t wait to see you shine as you try new activities and foods, make new friends, and share what makes each of you special.

There are so many experiences waiting to be discovered and to be shared. There will be other campers, counselors, and staff waiting to meet you and become your new camp family. This group of people is the **magic** of Camp ENERGY.

We challenge you to go back to the future with us and discover *“anything is possible if you put your mind to it.”* – Doc Brown

We look forward to seeing you soon!

Energized!
Jerry, Rachel, and the Camp ENERGY Staff



Welcome to Camp ENERGY!

We are very excited that you are joining us for camp this year!

Throughout the week we will practice ENERGY balance. You will learn about healthy food choices, eat well, try new things, and participate in fun activities around the Camp Victory campsite with some really great people.

Our theme is Lights, Camera, ENERGY!

Schedule of events:

Sunday, August 6, 2023

2:00pm: Arrive at **Camp Victory, 58 Camp Victory Road, Millville, PA 17846**

3:30pm: Welcome for all campers, parents/guardians, and families

4:00pm: Parents/guardians and families leave camp

Monday-Friday, August 7-11, 2023

All campers and staff: Wake up, Get ENERGIZED, Rest, Repeat!

Friday, August 11, 2023

11:00am: All parents/guardians and families arrive for closing ceremony

11:30am: Lunch and closing ceremony for families, campers, and staff

1:00pm: Campers depart Camp Victory

We strongly encourage families to attend the opening and closing sessions.

Building a support system is very important to living a healthy lifestyle.

We want to include you on our team!

Contact Info: campenergy@gmail.com

Directors: Jerry Foley, 570-412-1458

Rachel McGarrigle, 570-441-5624

CAMP



Packing List

We will be active and outdoors so dress comfortably.

As a guideline, here is what we suggest:

Clothing

- _____ Shirts (8) _____ Swimsuit (appropriate for activities) (2)
_____ Shorts/pants (4 & at least 1 pair pant) _____ Underwear/Socks (8)
_____ Sweatshirt or light jacket (2) _____ Pajamas (2)
_____ Sneakers (2) (*need to be in good shape for physical activities*)
_____ Flip flops to wear to the shower/pool
_____ One outfit you don't mind getting dirty for the Color Run, the powder is expected to wash out, but don't wear your best.

If you'd like to, bring any clothes or accessories for our themes. Optional:

- Monday: Wacky Day! (mismatched clothes, wild prints, crazy accessories, a new hairdo)
- Tuesday: Team Day! (wear your favorite team – school, sports, or any team)
- Wednesday: Rainbow Colors Day! (any color of the rainbow for the Color Run)
- Thursday: Lights, Camera, ENERGY Day! (wear anything related to your favorite movie, tv show, musical artist, or Hollywood star!)

Toiletry Items

- _____ Bath towel _____ Soap, shampoo
_____ Swim towel _____ Comb or brush
_____ Washcloth _____ Deodorant
_____ Toothbrush/Toothpaste _____ Feminine products

General Items

- _____ Sleeping bag or twin-size sheets/blanket _____ Glasses/Contact Solution
_____ Pillow (& case) _____ Sunscreen
_____ Rain gear (poncho/umbrella) _____ Swim Goggles
_____ Hat/Visor/Sunglasses _____ Bug Spray
_____ Laundry Bag _____ Medications (stored in Med Shed)
_____ Favorite sports equipment or musical instrument

A few notes...

- Inhalers: Many activities are held outdoors. If you have required an albuterol inhaler in the past year, please bring this inhaler with you.
- **All medications are kept in the med shed and should be in their original pill bottle for proper identification.** If there are multiple medications then you may use a pill box, but bring the pills with the original bottle to check-in so that pills can be properly identified/verified with staff.
- **Cell phones are not allowed** – we want to enjoy a 'disconnected' week
 - If you choose to bring a cell phone, we will keep them locked away
- There will be a variety show, if you have a talent, please bring it!
- Please leave music players, jewelry, cell phones, and other valuables at home.



Expectations and Rules of Camp

At Camp ENERGY, we ask that you bring all your GOOD energy to the group. You must have a positive attitude when trying new things and meeting new people.

Campers must obey all Camp ENERGY and Camp Victory rules. Rules will be given on the first day of camp and during various activities.

Some of these rules include:

- Campers will leave cell phones and electronics at home
- Campers will not engage in illegal activities (including but not limited to, possession of alcohol, tobacco products, firearms, or any illegal substances)
- All prescription and other medications will be kept in the med shed under the direction of the Medical Director
 - All medications will be brought in their original pill bottles for proper verification
- Campers will respect the Camp Victory camp facility and its natural environment
- Campers will not bring valuable items to camp
 - Camp ENERGY cannot be responsible for personal possessions
- Campers will follow the instructions given by Counselors and Staff
- Campers will treat everyone with kindness and respect
- Campers will not engage in verbal, relational, physical, or cyber bullying

Camp ENERGY reserves the right to ask any camper to leave at any time for infractions on these rules.

By signing my name, I understand the expectations and rules set for me at the start of camp and promise to uphold the rules throughout the entire week of camp.

Camper Name/Signature: _____